

71 WORDS, 30 SECONDS

## VOLUNTEER FINDS COMMUNITY IN MILITARY AND VETERAN CAREGIVER NETWORK

HERE'S A STORY YOU MAY FIND INSPIRING: AFTER BETTY TOWLER'S HUSBAND RETURNED FROM HIS SECOND DEPLOYMENT IN IRAQ, HE BECAME DISTANT AND DISTRACTED. FORTUNATELY, SHE FOUND THE AMERICAN RED CROSS MILITARY AND VETERAN CAREGIVER NETWORK, A SECURE, ONLINE COMMUNITY THAT'S A RESOURCE DIRECTORY AND PEER SUPPORT NETWORK FOR MILITARY-AFFILIATED CAREGIVERS. USING EVIDENCE-BASED PEER-SUPPORT PROGRAMS, CAREGIVERS CONNECT, SHARE KNOWLEDGE, LEARN NEW SKILLS, AND GAIN HOPE. NOW TOWLER VOLUNTEERS. LEARN MORE AT [RED-CROSS--DOT--ORG---SLASH---CAREGIVERS](https://www.redcross.org/caregivers).